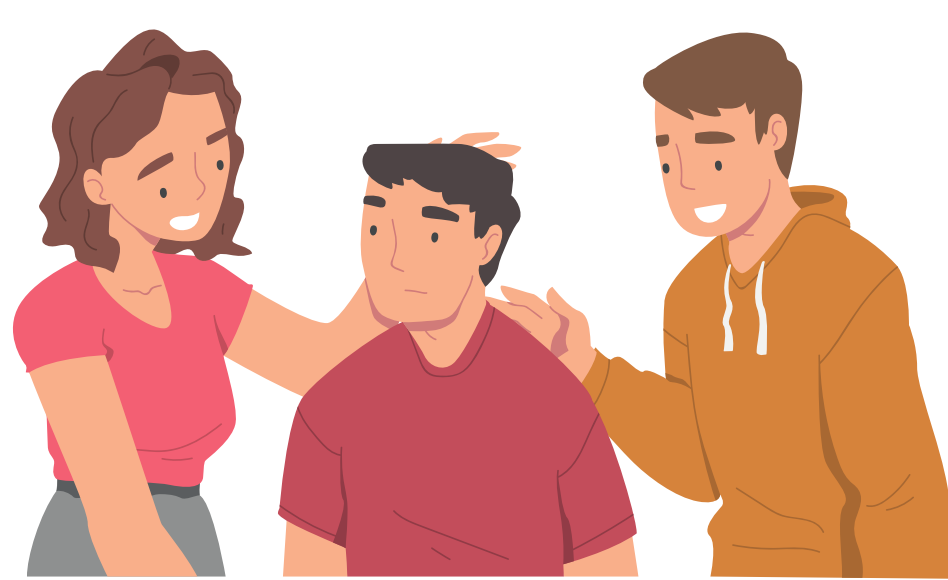


Ways to Show KINDNESS



EMPATHY VS SYMPATHY

- Empathy means **EXPERIENCING** someone else's feelings.
- Sympathy means **UNDERSTANDING** someone else's suffering.



WAYS TO SHOW EMPATHY

- Listening without interrupting them.
- Pay attention to body language.
- Try to understand, even when you don't agree with them.
- Imagine yourself in another person's shoes.



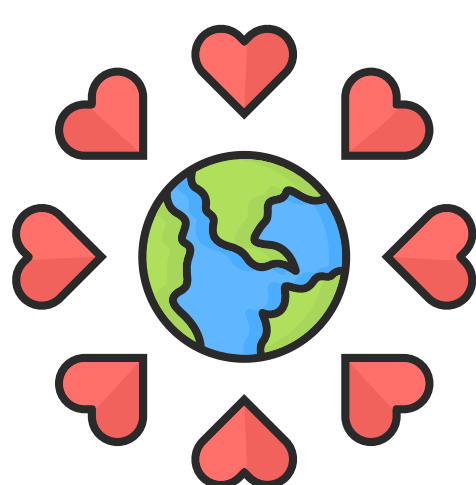
SHOWING KINDNESS

- Kindness comes in a million ways. Doing simple deeds such as holding the door for someone really goes a long way.
- Show kindness by expressing gratitude regularly by acknowledging other's efforts and contributions.



RECIPROCATING

- Reciprocating kindness sets in motion a ripple effect.
- This ripple effect can lead to the creation of compassionate communities where kindness is the norm rather than an exception.



Article by:
Cheo Yu Zhe Keshawn
Temasek Polytechnic
Fulfilment & Execution Intern
from NTUC Club

#BeKind